

CERTIFICATE IN VIRTUAL WELLNESS PROGRAMMING

The use of virtual platforms in many professions related to health and wellness has dramatically increased in recent years. This undergraduate certificate will provide students with a strong understanding of health behaviors, and they will gain the knowledge and skills to deliver health and wellness-related coaching. The certificate is geared toward those interested in working with clientele virtually with special emphasis in motivational coaching. Additionally, students will be able to identify differential challenges that persons of various identities face and determine how these challenges may best be overcome to lead healthier lifestyles.

Learning Objectives

Upon successful completion of this program, students will be able to:

1. Demonstrate understanding of the different dimensions of health.
2. Design a program to improve health behaviors.
3. Describe theories of health behavior and apply these concepts when working with a client.
4. Collect, input, analyze, and summarize data on client lifestyles (sleep, nutrition, physical activity, etc.).
5. Compose presentations that identify strengths and weaknesses in client lifestyles and provide presentations to client(s) that are relatable and understandable.
6. Analyze client health behavior and lifestyle choices from an ecological perspective and utilize various forms of feedback and reinforcements to promote healthy living.
7. Identify differential challenges that persons of various identities may face and determine how these challenges may best be overcome to lead healthier lifestyles.

Learn more about the Certificate in Virtual Wellness Programming on the Department of Health and Exercise Science website. (<https://www.chhs.colostate.edu/hes/programs-and-degrees/certificate-in-virtual-wellness-programming/>)

Requirements Effective Spring 2024

Additional coursework may be required due to prerequisites.

| Code | Title | Credits |
|--------------------------------------|-------------------------------|----------|
| HES 354 | Theory of Health Behavior | 3 |
| HES 432 | Virtual Coaching for Wellness | 3 |
| Select one of the following courses: | | 3 |
| MKT 305 | Fundamentals of Marketing | |
| PSY 300 | Positive Psychology | |
| SPMT 314 | Inclusive Sport Organizations | |
| Program Total Credits: | | 9 |